

Small boxing handbook extra

Written by: Jeffrey de Vries Jeffrey Koelewijn from Holland

Two types of competitive fighters:

Knock out fighters:

Win by knock outs

or strive to win by knock out

Point fighters:

Win by points

Strive to win by points

Some times outsmarting the opponent

A couple of more boxing styles:

Tank style:

Very defensive style with a very good guard

Throws heavy punches with precision and the right timing

Waits and strikes at the right time

Can be combined with countering

Search and destroy style:

Observe the opponent and defensive at first

Seeks out the opponent weaknesses and openings

Also creates weaknesses and openings

Uses the right timing to achieve points

or knock outs

Fighters can be:

Attacking

Slightly attacking

Balanced

Slightly defensive

Defensive

Some fighters change their tactic according to the fight

An interesting boxing exercise:

Make a line with a piece of rope from one side to the other side

around head height or chin height

Stand on one side and by ducking and moving to the side move to the other side of the rope and repeat this

Use foot work to get faster

Another way to do this is by letting someone hold his arms up extended at the right height

Later counters can be made by punching in between reps